



PSHE and Citizenship

Relationships | Be Yourself

Feelings



Aim

- I can identify the feelings I have and describe how different emotions feel.

Success Criteria

- I can show understanding of different feelings.
- I can identify how emotions felt on the inside might look on the outside.
- I can explore the different times I experience certain feelings.
- I can reflect on how I can support others when they are experiencing different emotions.

The Big Questions

The Big Questions



What are our main feelings and emotions called?

What do they feel like?

When might these feelings happen?

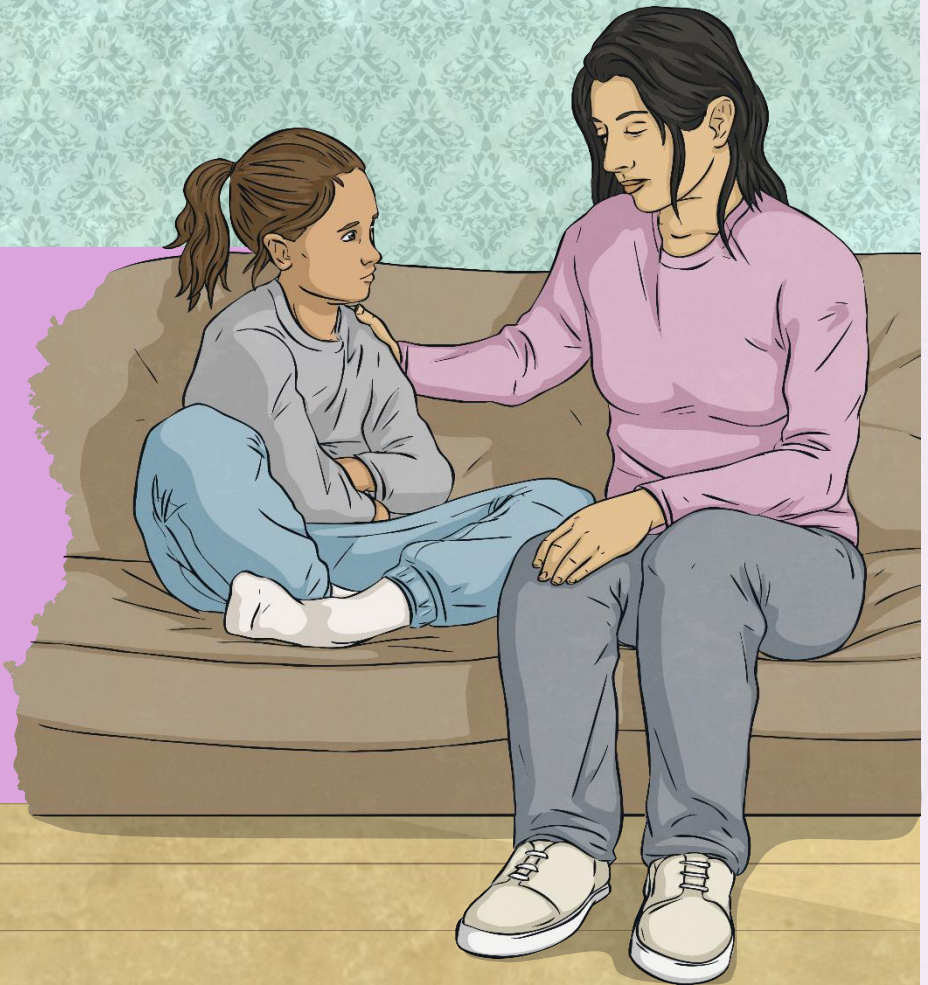


Reconnecting

Match the Feeling



We experience lots of different feelings, some of these are comfortable and some of these are not. It is important to remember that however we are feeling, that is OK. It is also important to remember to share how we are feeling with the special people in our lives.



Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When you very feel
frightened about
something.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When you feel
anxious or uneasy
about something.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When you feel
annoyed or angry
about something.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When life feels
good and you just
want to smile.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When you feel very
enthusiastic and keen
to do something.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When you feel sensitive and agitated easily by things. You may feel like you have butterflies in your tummy.

cross

Match the Feeling



Here are just a few of the different ways we may feel...

Can you match the description to the correct feeling? Work with a partner to do this.

scared

sad

worried

excited

nervous

happy

When something is
upsetting you and
making you unhappy.

cross

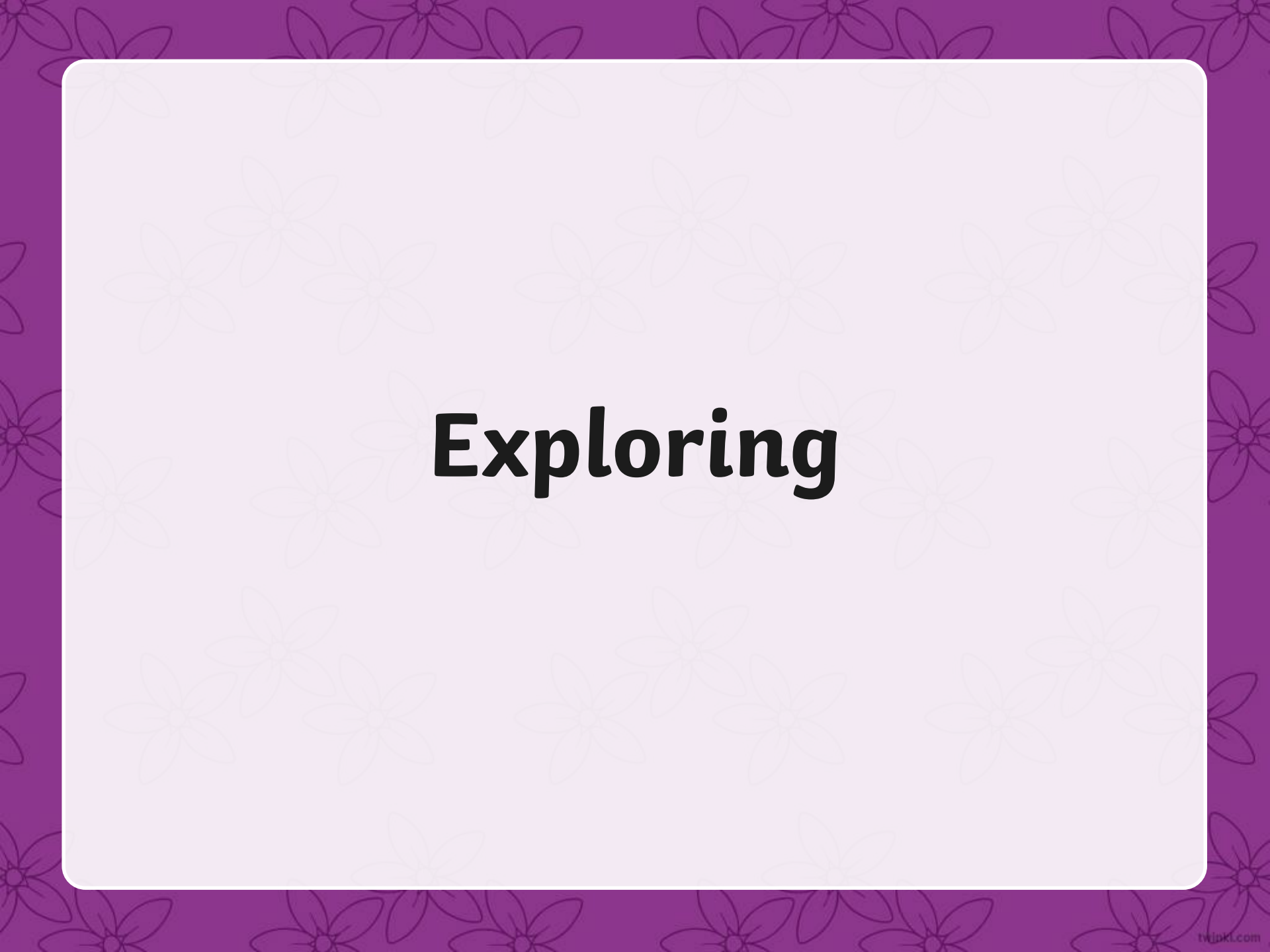
Match the Feeling



Why do we give our feelings names and labels?

We can then show understanding and kindness when someone is feeling a particular way. For example, if one of our friends saw us crying, they would know that crying means we are feeling sad. This then means they can ask us what is wrong and try to help us.





Exploring

Facial Expressions



Facial Expressions

Write a list of all the emotions you feel. Next to each emotion, complete the face to show the facial expression for the emotion.

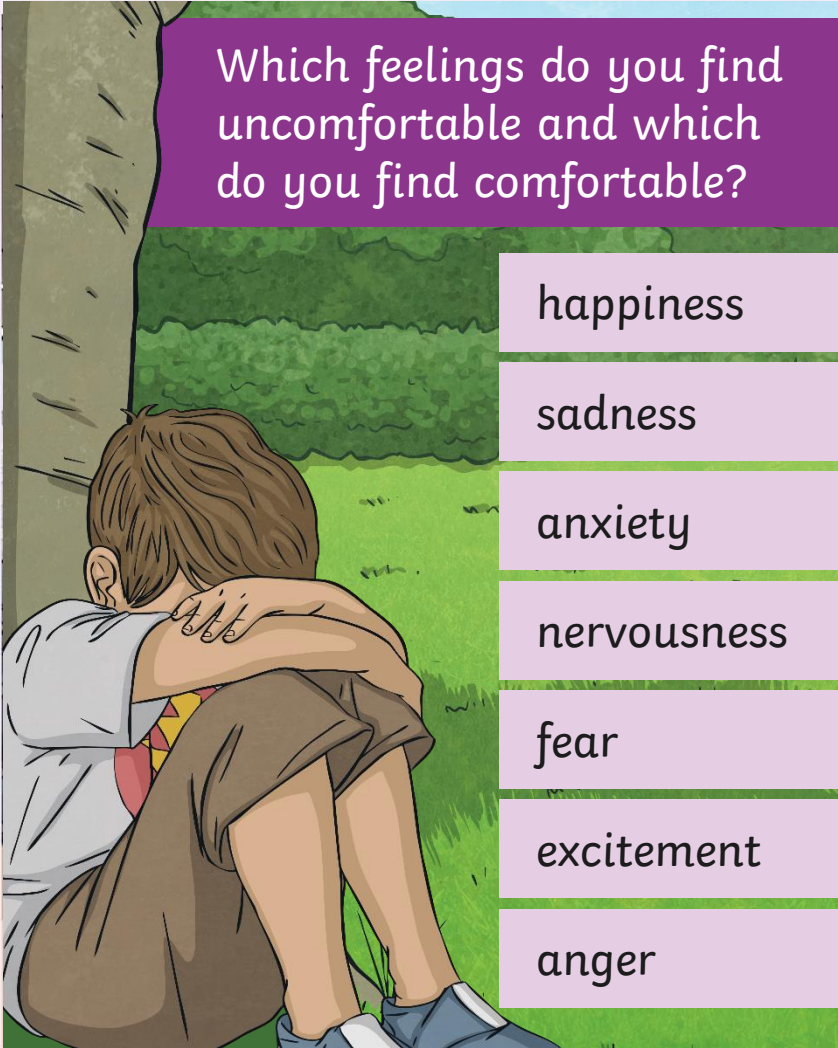
Emotion	Facial Expression

In pairs, create a list of all the feelings and emotions you know on the **Facial Expressions Activity Sheet**. Next to each one, draw a picture to show what the person experiencing that feeling and emotion might look like on the outside.

Comfortable and Uncomfortable



Which feelings do you find uncomfortable and which do you find comfortable?



happiness

sadness

anxiety

nervousness

fear

excitement

anger



Can you think of any different feelings and emotions? Are they comfortable or uncomfortable?

Comfortable and Uncomfortable



Sometimes big things might happen in our lives which can bring big changes to our situation. Change can be hard and these changes can result in uncomfortable and confusing feelings and emotions, all of which are completely normal and OK.



Comfortable and Uncomfortable



Starting a new school or a new class.



Losing something that we love or that has played a big part in our lives.



Families separating or parents getting divorced.



Someone or something that we love dying.



Comfortable and Uncomfortable



There are lots of people who can help you manage and deal with times of change and help you to feel calm and happy again.

Comfortable and Uncomfortable

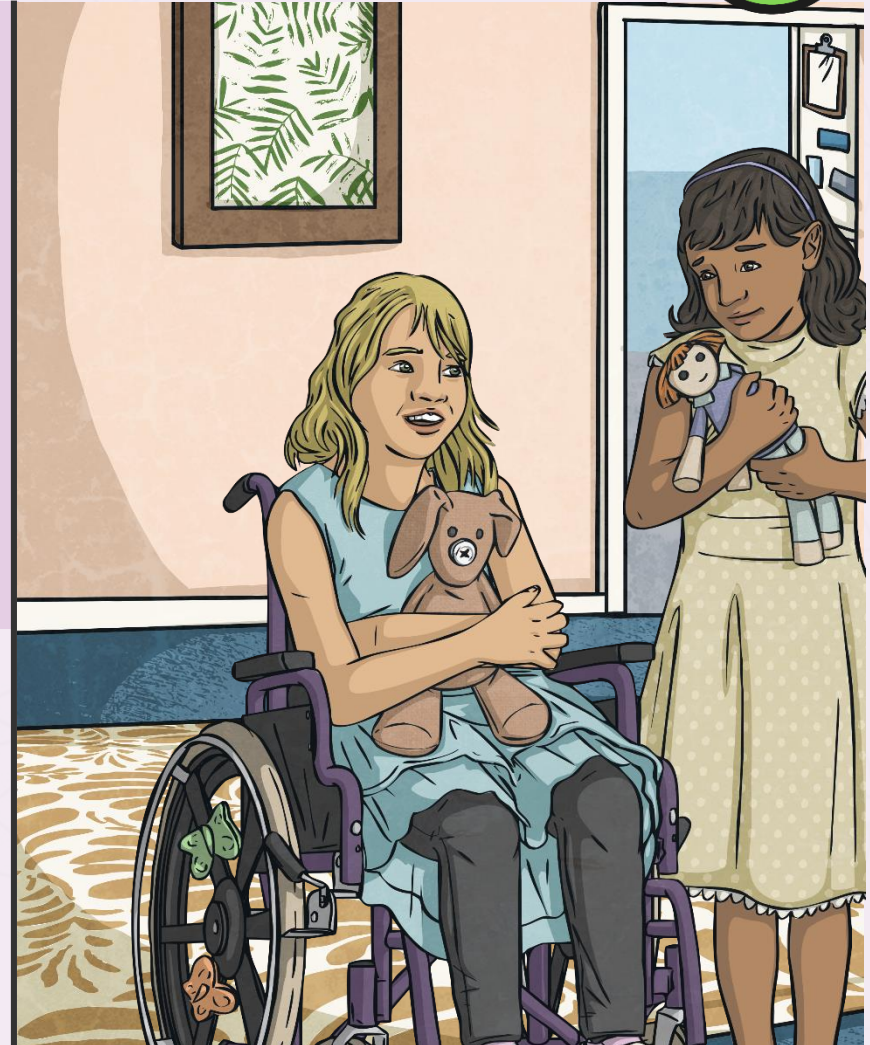


When we understand our own feelings, we can begin to manage them.

This means when we are beginning to feel an uncomfortable feeling, we can understand which feeling it is, why we are having it and what to do to help make it feel less uncomfortable. This can help our minds to be healthy too.

Reflecting

Consolidating



Consolidating

Emotions



How we are feeling can be shown in lots of different ways. Some artists show different emotions through painting.

Which shapes would show excitement?

Your art work could show how you might feel after a big event or change has happened, or just an emotion that you might experience on an ordinary day.



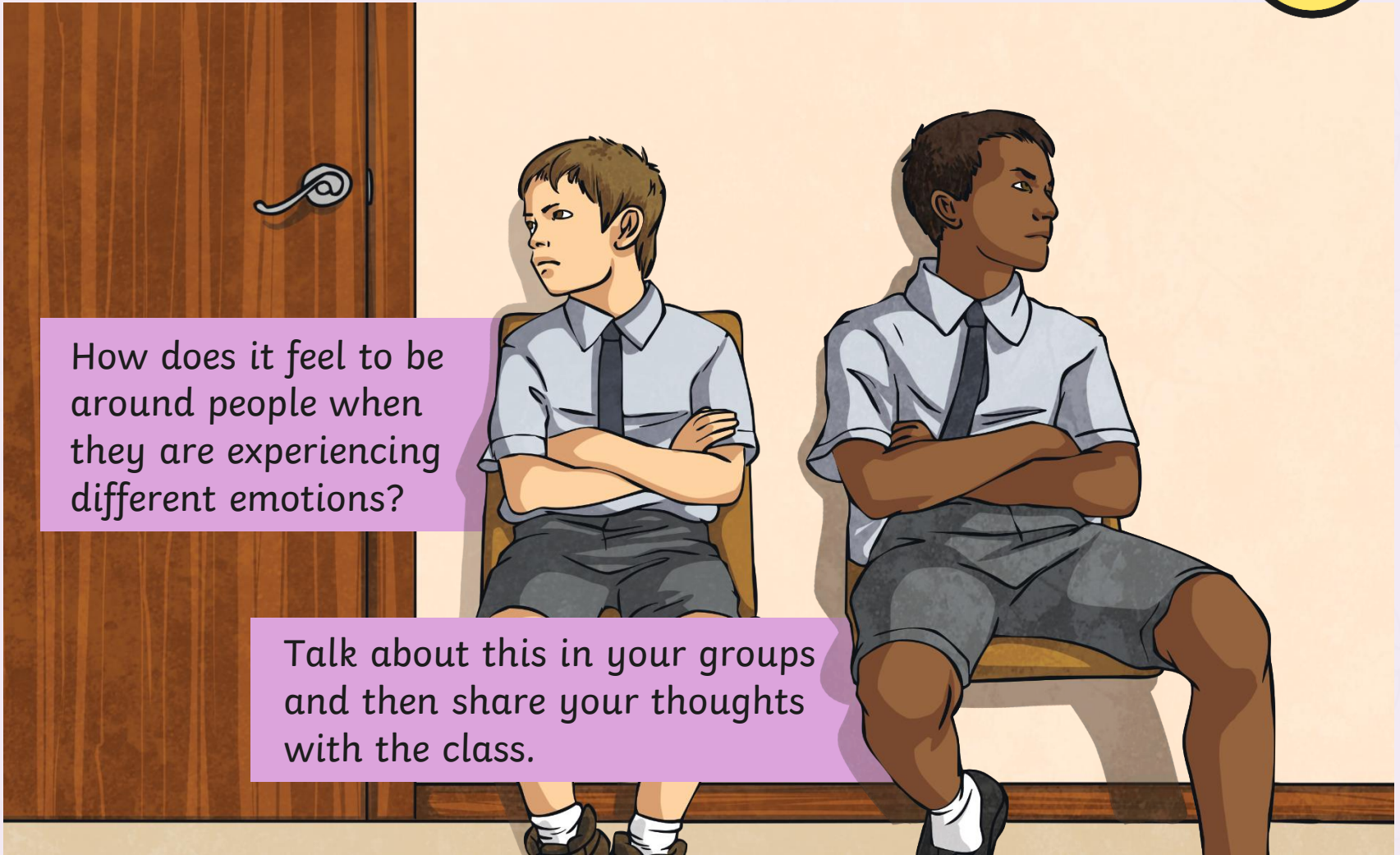
Reflecting

Being around Emotions



How does it feel to be around people when they are experiencing different emotions?

Talk about this in your groups and then share your thoughts with the class.



Being around Emotions



How would we like other people to treat us when we are experiencing different feelings and emotions?

Talk about this in your groups and then share your thoughts with the class.

Let's be a class that looks after the feelings of others, always!

The Big Questions

The Big Questions



What are our main feelings and emotions called?

What do they feel like?

When might these feelings happen?

What have you learnt today that is going to help you in your daily life?



Aim

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Success Criteria

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